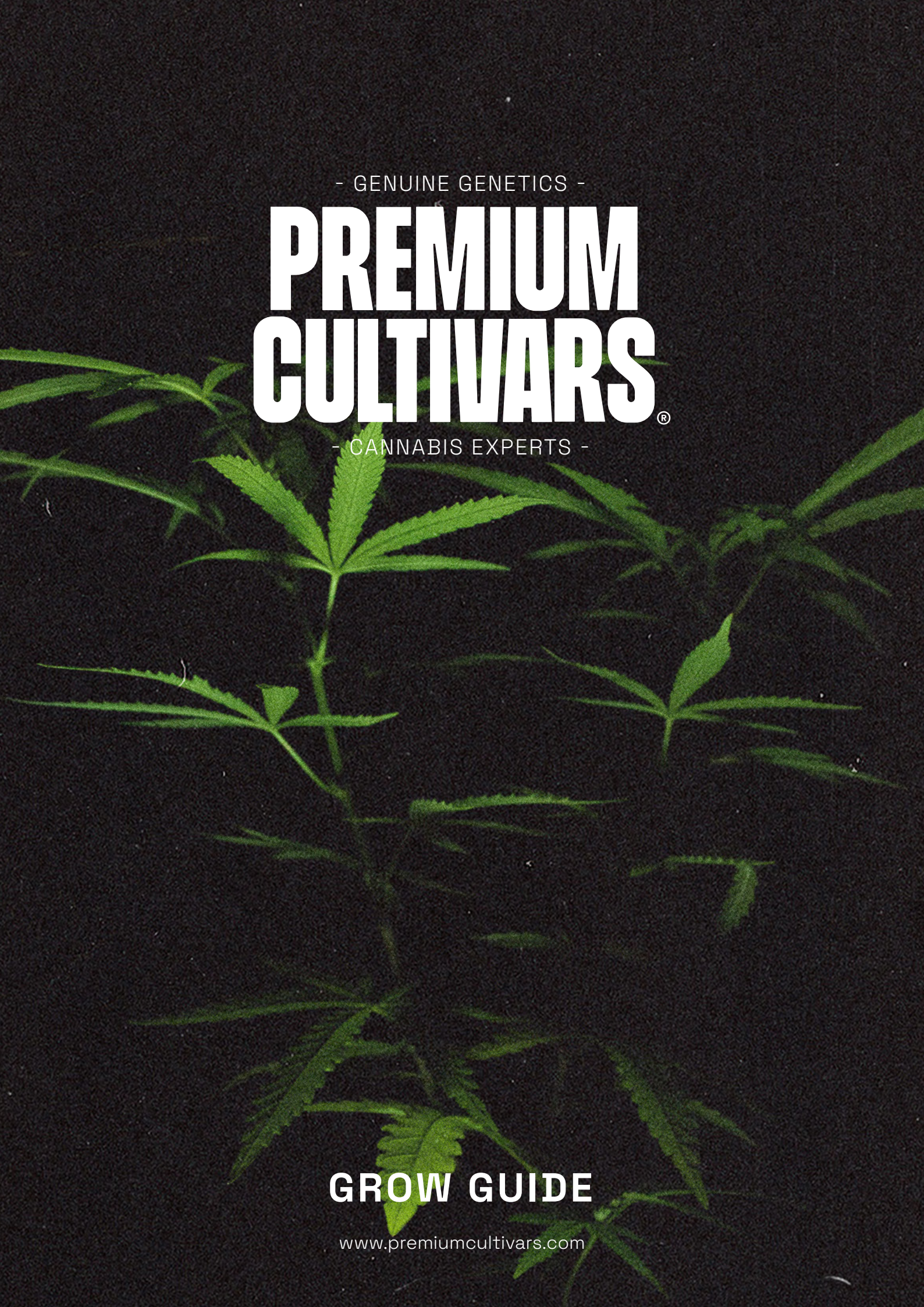

- GENUINE GENETICS -
PREMIUM CULTIVARS®
- CANNABIS EXPERTS -
GROW GUIDE
www.premiumcultivars.com

1 - PREPARING YOUR INDOOR GROW

You don't need a large area to cultivate your cannabis plants. A modest tent, cabinet, designated place in a spare room, or even an empty part of the house, is common for small-scale producers. Here are some pointers to get you started.

Grow medium

Traditional soil and hydroponic trays are two feasible solutions for growing cannabis indoors.

Soil

If this is your first time growing indoors, the soil is usually your best bet. Potting soil made from a general potting mix is somewhat ineffective. A light and airy horticultural potting mix is what you are looking for.

Hydro

A hydroponic system provides plants with all of the nutrients they need to thrive in water. There are various sorts of hydroponic systems that are simple and clear to learn. Common hydro systems include DWC or Deep Water Culture and Ebb and Flow.

Grow Lights

The quality of your plants is influenced greatly by the light source you employ in your grow room. Investing in a high-quality lighting system is essential. In the long run, it is worth it, especially if you want to build your business. The following is a list of the most commonly used cannabis grow lights.

Light-emitting diode (LED) grow lights.

While LED (light-emitting diode) lighting may be more expensive, to begin with, it is the best choice for most cannabis farmers who can afford it. They are more energy-efficient and produce much less heat.

High-intensity discharge (HID) grow lights

HID (high-intensity discharge) grow lights are arguably the most often utilized lights for DIY-style grow spaces. They are often the most cost-effective, efficient, and simple-to-use option available.

Fluorescent grow lights

There are several advantages to using fluorescent lights over alternative lighting solutions. They are a great choice for propagating immature plants or those with modest output expectations. In addition, keep in mind those watts equal grams.

You can still develop full small blooms even if your power supply is not very powerful. Additionally, no external ventilation system is required. Fluorescent lights are far less powerful than the other alternatives available.

Temperature, Humidity, and pH

Heating and cooling systems must be equipped with 24-hour timers and adjustable thermostats. When temperatures rise over a specific threshold, you may program your exhaust system to turn on automatically. The result is a consistent temperature and humidity level whilst conserving energy and money.

In most stages, your plants will need between 16-24 hours of light per day. During the blooming phase, your crops need 12 hours of light and 12 hours of darkness.

A pH meter may also help you keep an eye on the performance of your water and soil, so it is worth the investment.

You should aim to maintain the pH of your soil between 6 and 7, with 6.2-6.5 being the sweet spot. 5.5 to 6.5 is a good range for hydroponics, with a sweet spot of 5.8-6.

2 - OUTDOOR GROWING

You don't have to spend a lot of money, and you can depend on the sun's power to grow cannabis outdoors. Even though you will have to deal with seasonal weather conditions, you won't have to spend a fortune on equipment and utility costs like indoor growers.

Having a network of cannabis farmers in your region might help you learn how to cultivate cannabis in your location's environment. Depending on where you live, it might be good to understand what strains flourish in your area and when other growers are seeding, harvesting, and more.

Choosing a spot

Before beginning outdoor cannabis cultivation, here are a few things to keep in mind:

Your local weather

Thorough knowledge of the local climate is essential if you want to cultivate your plants there. A wide range of circumstances may be met by cannabis; however, it is vulnerable to harsh weather.

Temperatures more than or equal to 85 degrees Fahrenheit can harm your crops, while temperatures below 55 degrees Fahrenheit might even kill your plants. A combination of heavy rainfall and strong winds, as well

as excessive moisture, may result in mold and white mildew during the flowering period.

Gardening in the open air

There are various ways producers protect their crops, including hiding them in containers on balconies or roofs and erecting heavy-gauge wire cages. Whatever you choose, consider that outdoor cannabis plants may grow up to 10 feet tall or more, based on how much room you provide them.

The most typical outdoor growing location is the garden plot, where many people cultivate cannabis alongside other vegetables.
If the light is excellent and the wind is strong, a balcony might be a terrific place to relax. To protect yourself from nosy neighbors, though, you may choose to enclose your patio.

The roof is a terrific place to get a lot of sunlight, but it may also be extremely windy.

Other factors to consider

After determining the climate in your area, there are a few factors you will need to keep in mind before growing your cannabis.

Sunlight

Weed plants require a minimum of six hours of direct sunlight a day. Even if you have a large backyard, you may not grow anything in it if it does not receive enough sunlight.

Place your cannabis plants in direct sunlight as often as possible to get the finest quality light, preferably during noon. Your plants' blooming stage will be triggered when the seasons change as autumn approaches, and they get less daily sunshine.

Wind

In warmer climes, having continual wind is beneficial to your plants. It is also worth considering if you live in an area often battered by strong winds to plant next to anything like a wall or fence.

Security and privacy

It would help if you also thought about security and privacy. Many individuals desire to keep their gardens hidden from their neighbors and would-be robbers. Unless you reside isolated, tall fences and thick

plants or trees are your best chance. It would help if you also kept your cannabis plants hidden from view in most states.

Light requirements

Outdoor cultivation of cannabis is widespread among many cannabis farmers. For the most outstanding results, outdoor producers require an easily accessible, secluded area that receives at least eight hours of direct sunshine each day. Over 8 hours of direct sunlight a day is necessary for outdoor growers.

Plant in the spring and get the rewards in the fall. It takes a great deal of light energy for cannabis plants to develop and create buds, which come from the sun. It takes less than one year for a cannabis plant to grow to the height of a tree in the wild since the plant gets its energy from the sun.

3 - Grow Stages

Germination

We recommend using the paper towel germination method to get your seeds to sprout.

You will need:

- 2 paper towels
- Bottled water
- 2 plates
- Cannabis seeds

Once you've gathered the required items, all you need do is:

1. Add some water to the paper towels
2. Drain out the excess- the paper towels should be damp but not soaking wet
3. Place one of the moist paper towels in a container
4. Arrange your seeds, one by one, ensuring you leave an inch between
5. Cover the seeds using the remaining paper towel. Re-check to make sure that there is no excess water left on the plate.
6. Put your seeds in a dark, warm place. If the room temperature is too cold (under 55 degrees Fahrenheit), consider utilizing a heating rug.
7. Monitor the germinating seeds closely, and add some water, if

required so that they do not dry out.
8. Within 20-120 hours, you will notice a taproot emerge from your seeds.
9. Once this taproot is about 5mm long, you can transplant your seeds into potting soil or another growing medium.

Seedling stage

You'll note that your seedling pot plant has more fan-shaped leaves as it matures. In the beginning, the seed produces leaves with just one ridged blade. The blades of the leaves will increase in number as the plant continues to grow (3, 5, 7, etc.). Between 5 and 7 blades per leaf are typical for a mature cannabis plant; however, some seedlings may have more.

Make sure you don't overwater the seedling phase of the plant since its roots are so tiny. Moreover, the plant is susceptible to disease and mold at this phase. It has to be kept in a clean environment and monitored for excessive moisture.

Many growers start their seedlings indoors under artificial light to support their seedlings through this sensitive period of cannabis development. Buying a clone seedling from growers or breeders eliminates the seed-germination step.

Vegetative stage

The vegetative stage of cannabis is when the plant takes off in terms of its development potential. Your plant's roots and leaves are expanding fast now that it has been moved into an enormous container. Topping or training your plants is also a good idea at this time.

Be aware of how much water you give your plant as it grows. The roots of your plant will begin to extend outward as it matures. Therefore you should start watering farther away from the stalk in the soil so that the roots can absorb water more effectively. Plants thrive on the ground that is rich in nutrients. Make sure they're getting enough nitrogen at this point.

You can tell whether your plants are male or female a few weeks into the vegetative stage because they will begin to display sex organs. Males must be kept apart from females to prevent pollination.

Flowering stage

For a cannabis plant, the blooming stage marks the end of its life cycle. This is the time of year when the fruits of your labour begin to bear fruit. Most strains blossom around 8-9 weeks, but some, particularly Sativa, might go longer.

Cut down on light to a 16/12 cycle indoors to start the flowering stage.

There are three stages to the flowering process:

- Weeks 1-3 of flower initiation: Pistils, or white hairs, which are the first signs of buds on female plants, will continue to grow as the plant matures.
- At this point in the blooming process, the plant will cease growing, and the buds will begin to plump up.
- Plants get more sticky, and more blooming occurs later (weeks six and on). The pistils' colour will inform you when to harvest when they are ready for harvesting in the last weeks.
- In the transition from the vegetative stage to the blooming stage, there are several things to consider:
- Pruning during the blooming period might disrupt a plant's hormones, therefore avoid doing so.

Harvest

It's just as vital to know how to cultivate cannabis as it is to know when and how to harvest it.

Trichomes, the microscopic glandular stalk and crown frequently referred to as "crystals," may be examined with a magnifying scope or loupe. With their bulbous translucent tops, they seem like small glass mushrooms.

Once the trichomes have started to turn milky, you should harvest your buds.

Drying and curing

Your buds will be cut and hung to dry after harvest. Based on the humidity and heat in your region, this procedure may take a week or two. If you want to avoid the "green" chlorophyll flavor, it's better to keep this procedure going longer than three or four days. A humidifier may be necessary if your nuggets are drying out too soon in your drying chamber. To prevent mold and bud rot, never let a fan blow straight on your drying colas. Instead, circulate the air to keep it moving.

You're set to cure your buds once you've established that they've dried enough. Curing will gradually "sweat" out any residual liquid that remains in the bud since there is still a lot of water there.

Use opaque jars and keep them in a cool, dark area. Make sure the jars aren't too dry by opening them up and seeing whether there is condensation inside the glass. Your buds' water will slowly make its way out of the center of your plant when you open the jar to refresh the air. During the curing process, your buds should be able to burn and taste wonderfully.

4 - Basic Grow Techniques

Feeding cannabis plants

Weed plants require generous amounts of nutrients throughout their life-cycle for growth and maturity. Cannabis plants require substantial quantities of three nutrients. Nitrogen (N), phosphorus (P), and potassium (K) are the three macronutrients that make up the foundation of cannabis plant health. Growers are supposed to feed their plants to help them develop even faster and provide a superior end product. Below is a general guideline for feeding cannabis plants throughout stages;

1. Seedling - Cannabis seedlings get all of their nutrients from their seed and can absorb water in a humid and warm environment. Seedlings don't need any nutrients until they are about 3-4 weeks old.

2. Vegetative - During the vegetative stage, the plant would require a base nutrient higher in nitrogen and lower in phosphorus and potassium.

3. Flowering - During the flowering stage, your plants will require less nitrogen and increased potassium to stimulate flowering.

Sexing cannabis plants

Cannabis plants have a gender. However, most growers are only interested

in growing female plants so they can harvest the bud. Sexing cannabis plants is significant to stop males from pollinating the grow space. Cultivators must detect and eliminate males as soon as possible if they want to produce resinous blossoms.

They will start producing seeds and stop producing resin after their pollen fertilizes a female bloom. The sex of a cannabis plant is determined by the growth of pistil hairs originating from a pistillate calyx (female), or tiny round-shaped balls determine the sex of a cannabis plant (male).

Sexing can be done around four weeks after germination. Growers can use a magnifying tool like a jeweler's loupe.

Keeping the grow space clean and tidy

The most vital tip is to keep yourself clean. It is highly recommended that you change into a new set of clothes meant solely for growing space usage before entering. It is also recommended that long hair be covered and that one's hands be clean. This way, you will avoid bringing infections and pests into your room.

No pooling water. It is all too tempting to let water collect in puddles and pools on your grow room's floors, but leaving them there can be disastrous for relative humidity levels and raise the risk of mold, fungus, and other diseases growing. You should wipe up spills as soon as possible if they occur while feeding.

Keep the grow room's equipment clean. Keep things off the ground the maximum amount possible. Install shelves in a nearby area and use them to store anything that can fit on a shelf, such as fertilizer, gloves, pruning shears, and so forth. Fans, thermometers, and everything else that has to be in the room should be mounted or hung.

Trim and prune your plants often. It is vital to ensure that plants are pruned regularly and that dead and dying leaves are eliminated. Pruning is essential for healthy plant growth and, when done correctly, can significantly boost your yield. Removing dead and dying leaves is good practice in general because the presence of dead plant material invariably leads to mold growth.

Keep your water supply clean. To avoid nutrient build-up, clean the pipes, pump and tank regularly. After each usage, if possible, clean the container used to mix and give nutrient solutions. Because the particles in solution for organic nutrients are generally larger than for non-organic nutrients, they demand special attention.

Pruning and trimming

Pruning is the process of removing dead or low-light cannabis leaves and branches so that the pot plant can concentrate its resources on developing buds in other vegetative areas. Growers usually cut off bits of their plants to allow an adequate amount of light to all sections for high-quality buds.

Pruning also creates open space within the cannabis plant's core, enabling more air to circulate easily and more light to dive deep, keeping the plant healthy and vibrant and generating higher-quality buds. While pruning, make use of this chance to inspect your cannabis plants and check on their health, checking for pests, fertilizer deficits, and soil difficulties.

When trimming cannabis plants, trim them just after they have finished flowering. The plants are growing rapidly at this stage, and any considerable pruning could shock them, inhibiting their growth. You could, however, remove some dead leaves or small, unproductive branches, but excessive pruning is not recommended during the flowering stage.

We hope you enjoyed our Grow Guide and found some useful information.

You will likely find this guide becomes more and more useful as you begin to grow your own cannabis.

The best companions to this guide are cannabis seeds. Check out our amazing selection of Feminized and Autoflower seeds and choose the best strain for you.

Once you get your seeds, you can use this guide for reference to help you through each step of the growing journey.

- GENUINE GENETICS -

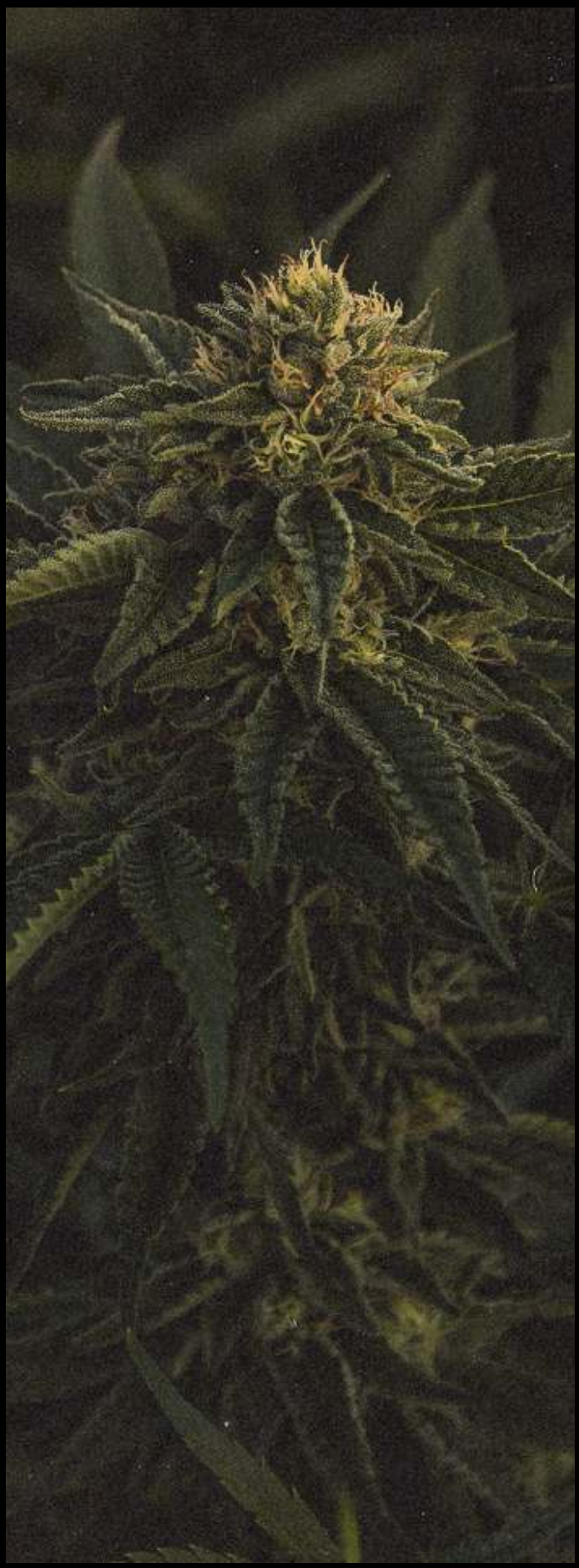
PREMIUM CULTIVARS®

- CANNABIS EXPERTS -

You will likely find this guide becomes more and more useful as you begin to grow your own cannabis.
The best companions to this guide are cannabis seeds.

Check out our amazing selection of Feminized and Autoflower seeds and choose the best strain for you.

Once you get your seeds, you can use this guide for reference to help you through each step of the growing journey.



20% OFF

PROMO CODE: GROWGUIDE20

SHOP SEEDS